

HELP EACH OTHER STAY HEALTHY AT EVERY STAGE OF LIFE.

Staying healthy takes a lifetime, so make sure you, your daughter and your mother do what it takes to have strong bones. Encourage regular exercise and activity. And make sure your daughter gets enough calcium starting in childhood.

Getting enough calcium as a teenager is one of the most important ways to prevent osteoporosis. When your daughter is between the ages of 11 and 16, she needs about 1,200 milligrams of calcium a day. And when she's in her 20's and 30's, she'll still need at least 1,000 milligrams of calcium a day.

THE STRONGEST LINK TO OSTEOPOROSIS IS MENOPAUSE.

SOME OTHER THINGS TO LOOK OUT FOR:

- > A family history of osteoporosis
- > A previous broken bone that might have been caused by osteoporosis
- > Being thin or small-boned
- > Use of certain medications
- > Smoking
- > Drinking too much alcohol
- > Not getting enough exercise
- > Not getting enough calcium or vitamin D throughout life



SOME QUESTIONS FOR YOUR DOCTOR.

- > **Could you please give me some printed information about menopause?**
- > **How can I prepare for "the change"?**
- > **Can I handle menopause naturally, or do I need to consider estrogen replacement therapy or alternatives?**
- > **Do any of my medications have side effects?**
- > **I've heard of a bone density test. Do I need one? How much does it cost? Is it covered by insurance?**

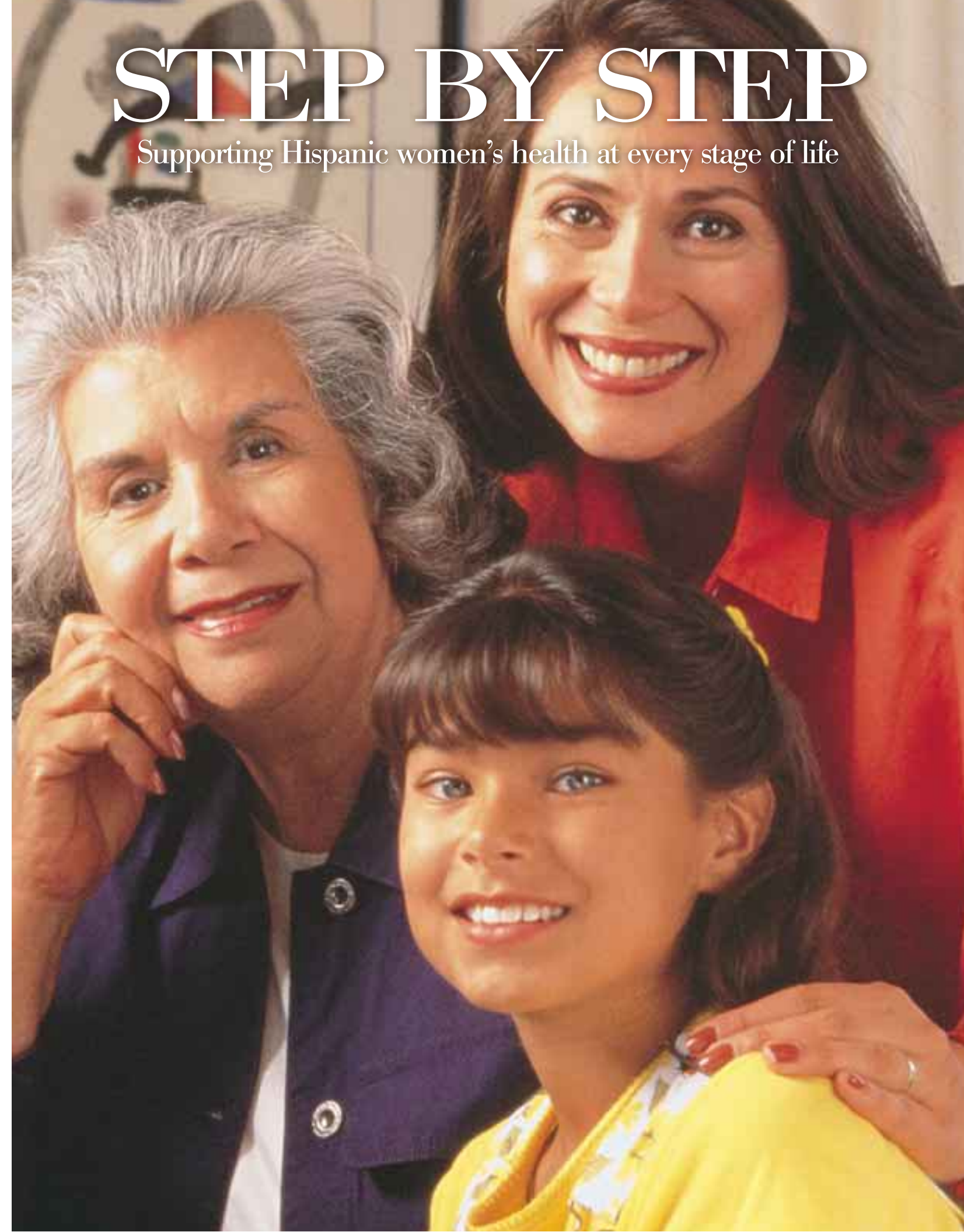
Want more tips on staying young and eating right as you mature? Call the Texas Department of Health at **1-800-242-3399** or check our website at www.tdh@state.tx.us



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STEP BY STEP

Supporting Hispanic women's health at every stage of life



Keep yourself looking great and feeling healthy by following these few simple steps every day.

What's always been true is even more so.

You're the center of your family's life. Now that you're a woman in your 40's or 50's, to take good care of your family, you first have to take good care of yourself.

The Texas Department of Health would like to help you. That's why we've prepared this brochure containing the latest medical facts for you to study on your own, then discuss with your own

doctor. If you follow the simple steps outlined in this brochure, you'll stay strong, healthy and beautiful as you move through life.

"Why would being thin and small be a risk factor if you do everything else right?"

"THE CHANGE" IS A NATURAL STEP IN EVERY WOMAN'S LIFE, AND IT DOESN'T MEAN YOU ARE LESS OF A WOMAN.

Just as there are stages in life like childhood, adolescence and child-bearing years, there is a time in every woman's life when she goes through the "change." It's a time when your beauty, wisdom and strength can find full flower. However, it's also a time

when natural changes in your body need to be taken into account in order to stay healthy. One of the biggest changes brought on by menopause is the change it produces in your bone strength. Because your body is pro-

ducing less of the hormone, estrogen, which is important in creating bone strength, your bones very gradually lose mass. *When this bone loss is very severe and causes them to be weak and fragile, it may result in a disease called osteoporosis.*



WHY YOU SHOULD TAKE STEPS TO PREVENT OSTEOPOROSIS

Osteoporosis is not a normal part of aging. But it's more common than you think. It causes 1.5 million bone fractures every year in the U.S. One out of three women over the age of 50 breaks a bone because of it. One out of eight men is affected by it.

It is a "silent disease," since you can't feel your bones getting weaker. There are no early warning signs.

Some grim facts:

- A woman over 50 has a greater risk of dying from complications due to a hip fracture than from breast cancer.
- Half the people who suffer a hip fracture will never return to full mobility.

STAND UP FOR YOURSELF. YOU CAN PREVENT IT.

Fortunately, doctors have discovered these steps which will help you to have healthy, strong bones throughout your life. But following them does take a lifetime commitment. Here are some specifics:

"I'm more self confident. I used to be so timid."

STRENGTHEN YOUR JOINTS

Start now to work on strengthening the areas in your body that are most likely to be injured, like the hip.



- > **MAKE** sure you're consuming 1,000 mg. of calcium a day before menopause. After menopause or after a hysterectomy a woman should consume 1,500 mg. of calcium a day from her diet or supplements. (Calcium levels: 1 cup skim milk - 302 mg.; 1 cup yogurt - 415 mg.; 1.5 oz. cheddar cheese - 306 mg.; 1 cup broccoli - 136 mg.)
- > **GET** enough vitamin D (400-600 IU), which helps your body use calcium.

Taking multivitamins, being in the sun about 5 to 15

minutes a week or drinking vitamin D fortified milk will provide enough vitamin D.

- > **DO** weight-bearing exercise such as jogging, walking, dancing and gardening at least three times a week.
- > **DON'T** smoke. Limit use of alcohol and caffeine because they take calcium away from your bones.
- > **CHECK** with your doctor about estrogen replacement therapy or alternatives.



Calcium doesn't have to go "moo."

You can get a lot of great calcium in the foods you eat. Some great sources of calcium are calcium-fortified orange juice, tofu and soy products, oatmeal, beans, salmon and waffles. (Calcium can go "moo" too... like cheese, low-fat yogurt, skim milk and ice cream.)